

Carlsbad Paradise Café by the Sea

September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>→</p>	<p>1</p> <p>Spinach & Cheese Ravioli Alfredo Sauce Parmesan Italian Vegetables Greek Salad with Feta Garlic Bread Peaches <i>Free Hallmark Movie: "Good Witches Charm" 1 to 3 p.m. Lounge</i></p>	<p>2</p> <p>Ginger Chicken Coconut Rice Stir Fried Vegetables Mandarin Oranges Almond Cookie <u>ALTERNATE SALAD</u> Tuna Salad on Lettuce, Tomato & Cucumber</p>	<p>3</p> <p>Philly Cheese Steak Sandwich* Provolone Cheese Onions & Peppers Steak Roll Lettuce & Tomato Potato Salad Watermelon</p>	<p>4</p> <p>Chicken Breast Provençal* Sautéed with Tomatoes, Olives, Capers, White Wine, Bowtie Pasta California Vegetables Garlic Bread Jell-O with Fruit</p>
<p>7</p> <p>HAPPY LABOR DAY Senior Center Closed</p>	<p>8</p> <p>Carne Asada Refried Beans* Mexican Rice Fiesta Salad Sour Cream, Salsa Ice Cream with Fruit  HAPPY BIRTHDAY</p>	<p>9</p> <p>Chicken Paprika Paprika Cream Sauce Noodles Broccoli Carrot Raisin Salad Pineapple <u>ALTERNATE SALAD</u> Southwest Chicken Salad</p>	<p>10</p> <p>Meatloaf Mashed Potatoes, Gravy Stewed Tomatoes, Peas & Carrots, Wheat Bread Cantaloupe <i>Free Movie: Richard Gere in "The Longest Ride" 1 to 3 p.m. AUD</i></p>	<p>11</p> <p>Salmon with Hollandaise Sauce* Parsley Potatoes Cooked Greens Sourdough Bread Peach Cobbler <u>ALTERNATE SALAD</u> Oriental Chicken Salad</p>
<p>14</p> <p>Spaghetti & Grilled Sausage! Marinara Sauce Parmesan Cheese Italian Vegetables Mixed Green Salad Garlic Bread Fresh Fruit</p>	<p>15</p> <p>Lemon Chicken with Garlic & Herbs Couscous Zucchini & Tomatoes Greek Salad, Pie <i>Free Hallmark Movie: "The Note" 1 to 3 p.m. Lounge</i></p>	<p>16</p> <p>Pork Carnitas Corn Tortillas, Cumin Rice, Black Beans*, Salsa Sour Cream, Cilantro Cabbage Slaw Flan, Mandarins <u>ALTERNATE SALAD</u> Greek Chicken Salad</p>	<p>17</p> <p>Cheeseburgers in the Park Cheese, Lettuce, Tomato, Onion, Roll, Corn, Sweet Potato Wedges, Ice Cream & Berry Topping Peter Seltzer Entertains in Pine Park</p>	<p>18</p> <p>French Onion Soup* Open-faced Roast Pork Sandwich with Swiss on Italian Bread, Dijonnaise Black Bean & Corn Salsa, Cantaloupe Crackers*</p>
<p>21</p> <p>Creamed Chicken with Mushrooms On a Biscuit Rice Spinach Tropical Fruit Salad</p>	<p>22</p> <p>Salisbury Steak Sautéed Onions Mushroom Gravy Mashed Potatoes Peas & Carrots Wheat Bread, Ambrosia <i>Free Hallmark Movie: "The Note 2" 1 to 3 p.m. Lounge</i></p>	<p>23</p> <p>Braised Beef Tips Mushrooms & Peppers Red Wine Sauce Noodles, Broccoli Fresh Fruit <u>ALTERNATE SALAD</u> Spinach Salad with Bacon*, Egg, Mandarins, Carrots</p>	<p>24</p> <p>Chicken with Pesto Sauce Penne Pasta Zucchini with Tomatoes Spinach Salad Garlic Bread Pudding</p>	<p>25</p> <p>Texas BBQ Beef Baked Sweet Potatoes Ranch Beans* Cranberry Orange Slaw Texas Toast Sherbet with Mandarins</p>
<p>28</p> <p>French Dip* Roll, Au jus Horseradish Sauce Rosemary Potatoes Peas & Carrots Cinnamon Apples</p>	<p>29</p> <p>Chicken Marsala Herbed Rice Pilaf Normandy Vegetables Marinated Beet Salad Garlic Bread, Ice Cream <i>Free Hallmark Movie: "The Note 3" 1 to 3 p.m. Lounge</i></p>	<p>30</p> <p>Bratwurst! Sauerkraut* Mashed Potatoes, Gravy, Roll Apple Strudel <u>ALTERNATE SALAD</u> Tarragon Chicken Salad</p>	 <p><i>Thursday, Sept 10</i></p>	<p>Menu subject to change Reservations: 760-602-4655 ! = 500+MG * = 300-500 MG Sodium</p>

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For information call: 760-602-4650



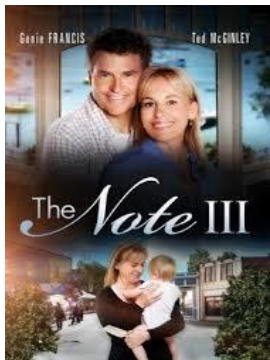
The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you **need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior** guests of seniors.

Every Wednesday we offer a salad as an alternate meal. Please specify in advance if you would like the entrée **or** the salad.

Advance reservations can be made in person, by calling **760-602-4655**. Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling **760-602-4655**.

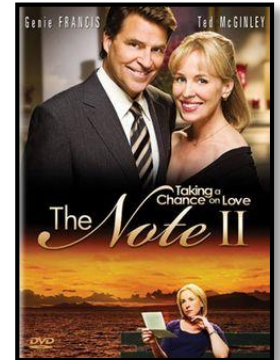


Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call 760-**602-4652**.



Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays. Appointments must be made in advance. For all transportation reservations, call **760-602-4650**.

Wednesdays, transportation alternates between shopping at Stater Bros./Trader Joe's, and shopping at Walmart. Call **760-602-4650** for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.



No eligible person will be denied a meal or transportation because of failure or inability to contribute.

This program is supported by the City of Carlsbad and the
Older Americans Act funds through San Diego County Aging & Independence Services.

SEPT. SENIOR SPECIALS

9/2	1 to 2:30 p.m.	Morningstar: the Brain – How “Thinking” [left side] & “Feeling” [right side] Affect Your Investing
9/3	1:30 to 3:30 p.m.	Monthly dance: The Credit Union Trio!
9/9	1 to 2:30 p.m.	Morningstar: What’s a Good Total Return Performance for a Mutual fund?
9/10	1 to 3 p.m.	Monthly movie: “The Longest Ride”
9/16	1 to 2:30 p.m.	Morningstar: Understanding Mutual fund Investing Strategies
9/17	10 to 11:45 a.m.	Seminar: Getting The Most Out of Your Smartphone
9/17	12:30 to 4:30 p.m.	AARP smart Driver Program
9/23	10 to 11:15 a.m. 1 to 2:15 p.m.	Picasa – Albums & Exporting – NEW! Traveling with Your iPad – NEW!
9/23	1 to 2:30 p.m.	Morningstar: Who Wins the Battle Between Human & Robo Investment Advisers?
9/24	1 to 2:30 p.m.	50’s Sock Hop
9/30	10 to 11:15 a.m. 1 to 2:15 p.m.	Gadgets Galore! – NEW! Voice Dictation – Tips and Tricks – NEW!

** Free legal and physical therapy counsel is available by appointment only.*

Further details available online or in the Seaside Buzz newsletter